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MULTILIFT™ FOTOFACIAL

INTENSE PULSED LIGHT AND LASER TREATMENTS
AGING CHANGES SUN DAMAGE LEG VEINS

The VASCULIGHT PLUS system manufactured by Lumenis Corporation is a combination Intense Pulsed Light machine and Nd Yag laser. It offers amazing versatility in the ability to treat blood vessels, brown spots, brown discolorations such as the “mask of pregnancy,” some wrinkle lines, enlarged pores, vascular birthmarks, red keloid scars and some flat moles. The Intense Pulsed Light is most effective for photo-rejuvenation. FOTOFACIAL settings routinely correct aging changes, sun damage, irregular pigmentations, telangiectases (small surface blood vessels) and rosacea redness. A more youthful appearance is the usual result. Mild redness following treatments allows return to normal activity and no “down time”.

PROCEDURE

Intense Pulsed Light is applied with a rectangular crystal over a layer of cold gel. The sensation of a quick “snap” or momentary hot pulse is felt but may be avoided or ameliorated by the prior application of a surface anesthetic cream. The laser pulse is applied with a small probe over a layer of cold gel. It is often painless but many experience the sensation of a momentary sting like the snap of a rubber band.

Slight redness, crusting or bruising of the skin are common after effects with the Intense Pulsed Light treatments. Mild, first-degree burns may occur but are infrequent and cleared with routine burn treatments. Second-degree burns with blistering may occur and be complicated by loss of normal skin color or darkening. Burns have been rare since the advent of longer wavelength filters and better software.

The VascuLight laser is used primarily for the treatment of leg veins. Compression stockings further enhance desirable results. The laser is also useful for treatment of certain blood vessel malformations of the face and elsewhere.

Patients with fair skin and blue or green eyes are the best candidates for these treatments. Those with medium to dark toned skin, but light colored eyes, may experience temporary skin color changes which may be prevented by pre-treatment with bleaching creams. Those with brown eyes but fair skin are at greater risk of pigment changes. The same preparations with bleaching creams for two to three weeks prior to treatment will be required. Those with brown eyes and dark skin are at highest risk for skin discoloration from Intense Pulsed Light (and laser treatments) but pre-treatment with bleaching creams and new, longer wave length filters will allow benefit with much decreased risk. Test applications will be offered at the time of an office visit at no additional charge above the office visit cost.

Five treatments spaced three weeks apart are usually required for best results but some may need more than five. FOTOFACIAL series of five treatments routinely improves skin texture and

smoothness, refines enlarged pores, treats brown spots caused by sun or aging, treats rosacea and dilated small blood vessels.

Individuals who are susceptible to herpes infections should receive anti-viral medication (Zovirax, Valtrex, Famvir) the day prior to treatment of the face and for a few days following. Prescriptions will be ordered as needed. The use of sun sensitizing medications (some diuretics, several antibiotics, St. John's Wort and some mood altering medications) may require special instructions.

Daily use of sun screen is required and tanning should be avoided for two weeks prior to treatment and three weeks following, especially for those who tan easily. Sun avoidance during treatment series is advised.

ADVANTAGES:

1. Specific treatment for blood vessel malformations, port wine stains, facial and body telangiectases (dilated small vessels), "red nose", rosacea redness, leg veins, pigmentations, enlarged pores and pigmented acne scars.
2. Minimal or no restriction of post-treatment activity.
3. Side effects of local reddening of the skin, bruising, crusting, swelling, usually of short duration.
4. Intense Pulsed Light offers photo-rejuvenation of sun damaged skin with minimal discomfort and no "down-time".
5. Highly professional treatment by a Registered Nurse certified in use of this equipment and under the supervision of a Dermatologist.
6. Surface anesthetic creams allow tolerance of these procedures by even the most sensitive.

DISADVANTAGES:

1. Expensive equipment and high maintenance costs require higher treatment fees when compared to older methods but this advanced technology offers better results, efficiency, much less discomfort and resumption of normal activities immediately after treatment.
2. Reddening of the skin, pale or dark discoloration, blistering, bruising and burns may occur but have been rare in our experience. Scarring may result from burns. Infection of burns may lead to serious consequences including death but no such event has been reported in more than ten years of use for thousands of patients.
3. Multiple treatments may be necessary for satisfactory cosmetic results.
4. Post-treatment discomfort, burning or stinging sensation, may last minutes to a few hours.
5. Duration of benefit from treatment is expected to be long term (more than one year) for sun damage, although permanent results are not expected. FotoFacial benefits lasting eighteen months to six years have been reported in patients who practice proper skin care.
6. Other, unforeseen, unexpected side effects may occur but no life threatening or general health threatening consequences are expected and none have been reported.

7. Surface anesthetic creams allow balance of these procedures by even the most sensitive.
8. Special cautions, small test area trials and special instruction, are indicated for those who have diabetes and for keloid formers but may be contraindicated.
9. Some patients do not respond to these treatment methods.

CONTRAINDICATIONS:

1. Pregnancy
2. Use of Accutane in the past 6 months.
3. Use of light sensitizing medications, such as thiazide diuretics, sulfas and tetracycline derivatives may be contraindications.
4. Collagen vascular diseases such as Lupus may be a contraindication.

ALTERNATIVE THERAPIES:

Small facial blood vessels may be treated with electric needle cautery and with lasers. Hemangiomas and other malformations may be treated with the tunable dye laser, a system in use for several years. Leg veins may be treated with sclerotherapy, a method in use for many years with proven success. Sclerotherapy will continue to be offered for those preferring this method, as an alternative for vessels resistant to VascuLight treatments and combined with VascuLight for enhanced effectiveness for difficult vessels. Pigmentations respond well to the Q-switched ruby or Alexandrite laser. They may be treated with bleaching and peeling agents and small spots may be removed with liquid nitrogen cryotherapy.